



March 2022

## Resource Update

Alzheimer's  association®

800.272.3900 | [alz.org](http://alz.org)®

in partnership with



## ALZ Blog

The Alzheimer's Association created this blog to allow caregivers and those with Alzheimer's to share their story, and to keep the community up-to-date on efforts to increase awareness and federal funding of research. Our hope is that [alz.org/blog](http://alz.org/blog) provides a place for all of those affected by Alzheimer's — whether a person with the disease, a caregiver, a researcher, a doctor or an advocate — to continue the conversation.

**TOGETHER, WE CAN END  
ALZHEIMER'S DISEASE**

Alzheimer's  association®

## There's still time to register for the Rocky Mountain Conference on Dementia

The Alzheimer's Association Colorado Chapter is inviting anyone from Montana who is interested to register for the annual Rocky Mountain Conference on Dementia. The FREE conference is the region's premier one-day learning event where families, caregivers, and communities come together to summit the challenges posed by dementia. Sessions will be offered by experts on a number of topics including communicating and engaging with those living with dementia, practical daily care strategies, caregiver stress management, care options, other dementias, and research updates. The virtual event will give all attendees the chance to engage with sponsors and exhibitors and ask questions of live, expert speakers. Register today for this FREE virtual event [HERE](#)

## Kids and Teens

When a friend or family member has Alzheimer's disease, you may feel upset, confused or scared. Some people with early-stage Alzheimer's may forget words or not remember your name from time to time. But, when you spend time with people with late-stage Alzheimer's, it is easy to see that something serious is going on. People with Alzheimer's disease are not acting like this because they don't care about you. Changes deep inside their brains are destroying the centers that control remembering, thinking and feeling. Learning about Alzheimer's disease can help you understand what to expect and how to connect with the person you care about.



## 50 Activities

Spending time with a family member or friend in the middle or late stages of Alzheimer's can be meaningful and fun—especially if you take your cue from the person. What do they like to do? What are they able to do? What are they in the mood for today?

[Here](#) are a few ideas to get started!

**To find out about other programs, call 800.272.3900  
or visit [alz.org/crf](http://alz.org/crf)**

# YOUR MIND MATTERS

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These classes are designed for anyone interested in learning more about Alzheimer's disease, dementia, risk reduction, warning signs and more.

Understanding Alzheimer's and Dementia

Wednesday

March 2 11:30 AM-1:00 PM

10 Warning Signs of Alzheimer's

Wednesday

March 9 11:30 AM - 1:00 PM

10 Warning Signs of Alzheimer's

Monday,

March 14 4:30 - 6:00 PM

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## CAREGIVING STRATEGIES SERIES

Are you a caregiver to someone with dementia? Overwhelmed by all there is to know? This series of education programs addresses questions that arise in each stage of the disease. Learn what you need to know, what to plan, and what to do along the way.

Living with Alzheimer's: Early Stage

Saturday

March 19 9:00 AM - 10:30 AM

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Living with Alzheimer's: Middle Stage

Saturday

March 19 11:00 AM - 12:30 PM

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Living with Alzheimer's: Late Stage

Saturday

March 19 1:00 PM - 2:30 PM

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Email [cocarenandsupport@alz.org](mailto:cocarenandsupport@alz.org) or call 800.272.3900 to register for any of these programs.